



DEPARTMENT OF  
ECONOMIC SECURITY

*Your Partner For A Stronger Arizona*



# Self-Care 2024 for Caregivers Conference

presented by The Department of Economic Security  
Division of Developmental Disabilities

October 3, 2024

Casino Del Sol Hotel and Conference Center  
Tucson, Arizona

**Agenda At A Glance**



**8:00 a.m. – 9:15 a.m.**  
**Ballroom Foyer**

**Attendee Registration and Check-in / Exhibitors /  
Networking**

**9:15 a.m. - 9:30 a.m.**  
**Ballroom C**

**Welcome and Opening Remarks**

**9:30 a.m. – 10:30 a.m**  
**Ballroom C**

**Caregiving in All Seasons**

Janna Murrell  
Raising Special Kids

Join Janna on an insightful journey exploring the caregiving experience through the changing seasons of life. Just as nature transitions through spring, summer, fall, and winter, our caregiving roles evolve with the stages of life—from nurturing our littles and guiding youth, to supporting young adults, adults, and even our own parents. Discover practical and meaningful strategies to care for yourself and find balance through each season of caregiving. Embrace the ebb and flow of these roles and learn how to thrive in every stage.

Learning Objectives:

- Recognize Caregiving Challenges: Learn how caregiving needs change from caring for kids to supporting parents.
- Practice Self-Care: Find ways to take care of yourself while managing caregiving duties.
- Create Caregiving Plans: Make simple, effective plans for different caregiving situations.
- Maintain Well-Being: Discover how to manage stress and stay emotionally healthy while caregiving.

**10:30 a.m. – 10:45 a.m.**  
**Ballroom Foyer**

**Break / Exhibitors / Networking**

## Breakout Session Block 1

### Ballroom A

#### **It Takes a Village: Building Community Connections**

Angie Venne and Christina Hedges  
Division of Developmental Disabilities

In this breakout session, participants will have an opportunity to “grow their village” by participating in a facilitated activity where everyone can share and learn from each other about resources in their community that can connect people socially, support financial goals, support educational goals, and provide employment opportunities.

Learning Objectives:

- Learn how a community can enhance an individual and family’s quality of life
- Actively connect with other caregivers
- Learn about community resources they didn’t know existed
- Share community resources with other caregivers

### Ballroom B

#### **Advocacy in Action**

Michele Thorne, MS, LAS  
Care 4 Caregivers

We often advocate for others, but how often do we advocate for ourselves? Admitting “I need help” isn’t easy. When my kids were diagnosed, I thought I had to handle everything alone. My life improved when I started asking for and accepting help. This session will teach you self-advocacy.

Learning Objectives:

- Examine the Importance of Seeking Assistance: Understand why asking for help is crucial to your well-being and effectiveness.
- Identify and Expand Your Support Network: Discover who is currently in your circle who can provide support and learn how to find additional resources.
- Establish and Maintain Healthy Boundaries: Discuss techniques for setting boundaries that protect your time, energy, and emotional health.
- Develop Effective Help-Seeking Strategies: Learn practical approaches for asking for and receiving the help you need.

## Ballroom D

### **SAMHSA 8 Dimensions of Wellness: Recognizing Accomplishments & Setting New Goals**

Dr. Susanne Arnold

Division of Developmental Disabilities

The Substance Abuse and Mental Health Services Administration (SAMHSA) is part of the U.S. Department of Health and Human Services. SAMHSA created a Wellness Initiative to help all people live longer and healthier lives. The Wellness Initiative focuses on 8 Dimensions of Wellness: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Spiritual, and Social. In this session, Dr. Susanne Arnold, the DDD Behavioral Health Administrator, will share information about each of the 8 Dimensions of Wellness. The discussion will then focus on helping participants apply this model by recognizing their own strengths and accomplishments and identifying small, achievable steps they can take to improve personal wellness. The SAMHSA 8 Dimensions of Wellness is a great model that can also be shared with those you support, to help them to identify their own accomplishments and goals.

Learning Objectives:

- Describe the SAMHSA 8 Dimensions of Wellness
- Identify strengths and accomplishments, using the 8 Dimensions of Wellness model
- Identify small steps that can be taken to improve wellness, using the 8 Dimensions of Wellness model
- Locate online information and resources about the SAMHSA 8 Dimensions of Wellness

## Ballroom E

### **Caregiver-Centered Tools to Reduce Cumulative Body Held Stresses**

Yadira Mosqueira

Pima Care at Home

11:45 a.m. – 1:30 p.m.  
Ballroom Foyer & Ballroom C

Break / Exhibitors / Networking

1:30 p.m. – 2:30 p.m.

## Breakout Session Block 2

Ballroom A

### ACT for Caregivers

Dr. Ehren Wertz  
AZA United

Ballroom B

### Self-Care Unplugged: Connecting through Fun and Games

Amy Ward  
Care 4 Caregivers

Self-care should include an element of fun and joy! When was the last time you had fun or the last time you played a game with someone and laughed out loud? This session is all about finding joy through playing games and connecting with others. Come and play with us.

Learning Objectives:

- Evaluate Your Current Self-Care Practices: Assess your existing approach to self-care and identify areas for improvement.
- Understand the Importance of Self-Care: Explore why self-care is crucial for navigating the challenges of raising a child with a disability.
- Engage in Interactive and Recreational Activities: Participate in fun and interactive games designed to foster connection and relaxation.
- Develop a Personalized Self-Care Strategy: Create a tailored self-care plan that supports your well-being and resilience.

## Ballroom D

### Turning 18 Legal Options

Kathy Gray-Mangerson, MBA  
Raising Special Kids

Explore supported decision making and options available such as guardianship when individuals with disabilities become an adult at 18. Learn how parents can stay involved in educational and medical decision making and other considerations such as selective service registration and social security.

Learning Objectives:

- Learn about all the options available to families when a student turns 18
- Understand how the new Supported Decision Making law works
- Discover when a Power Of Attorney is appropriate
- Know how a student can delegate their educational rights
- Clarify different types of guardianship and steps involved in each

## Ballroom E

### Trauma Informed Basics

Dawn McReynolds  
UnitedHealthcare Community Plan (OIFA)

Join us for this introduction to understanding the basics of trauma. This presentation provides a rich discussion of identifying how trauma works within our bodies and how to recognize trauma in ourselves and others. Together we will delve into behavioral reactions we innately develop due to trauma.

Learning Objectives:

- Understanding how trauma works
- Effects trauma has on our brain, body, and emotions
- ACES: how we experience adverse reactions as a result of trauma
- How we begin to heal

2:30 p.m. – 2:45 p.m.  
Ballroom Foyer

Break / Exhibitors / Networking

2:45 p.m. – 3:45 p.m.

### Breakout Session Block 3

Ballroom A

#### **SAMHSA 8 Dimensions of Wellness: Recognizing Accomplishments & Setting New Goals**

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- Describe the SAMHSA 8 Dimensions of Wellness
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## Ballroom B

### **Gardening As We Age**

Deborah North, Penny Ratzan and Carol Schneiderman  
University of Arizona

Time may march on, but for gardeners, the love for nurturing green spaces remains timeless. Join us for this presentation where we'll share valuable tips, techniques and tools that will help you embrace the evolution of your gardening journey and ensure that your passion for gardening continues to flourish safely and joyfully.

Learning Objectives:

- Recognize the challenges associated with gardening as we age.
- Implement modifications to address key challenges faced in the garden due to aging.
- Select appropriate tools designed to assist with various physical limitations in gardening.
- Apply strategies to enhance safety while gardening.

## Ballroom D

### **Me for a Minute: An Interactive Session to Learn and Practice Caregiver-Centered Tools to Reduce Cumulative Body Held Stresses**

Tracy Carroll, PT, MPH

Stress is an inevitable part of caregiving. By identifying the effects of common everyday stresses that accompany caregiving and prioritizing simple, time efficient stress management techniques, we can improve our sense of well-being and in turn have a positive impact on the care we provide to our loved ones.

Learning Objectives:

- Identify, understand and share common sources of caregiver stress.
- Recognize the role of control in stress creation and our personal roles in stress reduction.
- Learn and practice techniques to manage personal levels of stress.
- Dedicate time each day going forward for a "Me for a Minute" exercise, even if it's just a brief break in our daily routines.

2:45 p.m. – 3:45 p.m.

### Breakout Session Block 3 (*continued*)

Ballroom E

#### **Understanding Supported Decision-Making and Other Alternatives to Guardianship for People with Disabilities and their Supporters**

Sey In, Esq  
Disability Rights Arizona

Melanie Mills  
The Arc of Arizona

The disability rights movement advocates for least restrictive alternatives, allowing individuals with disabilities to live independent, self-determined lives. A recently enacted statute in Arizona allows individuals with disabilities to create supported decision-making agreements with supporters, allowing them to maximize independence and develop decision-making skills. This session will briefly cover guardianship laws, discuss supported decision-making and how individuals can develop a supported decision-making agreement, and cover other legal arrangements, such as powers of attorney, future healthcare planning, and employment assistance.

#### Learning Objectives:

- Attendees will learn how Arizona's guardianship system operates, and why there is a need for consideration of other less restrictive alternatives.
- Attendees will learn about Arizona's new law covers supported decision-making and the benefits of creating a supported decision-making agreement.
- Attendees will be equipped with information on how they can advocate for, and develop, supported decision-making agreements.
- Attendees will learn about other legal arrangements that help individuals with disabilities maximize independence and self-determination.

3:45 p.m. – 4:00 p.m.  
Ballroom Foyer

**Break / Exhibitors / Networking**

**4:00 p.m. – 4:55 p.m.**  
**Ballroom C**

### **Journey Into Joy**

Heather Joy Magdeleno

In this session we will explore the importance of taking time to rest; participants will create a regular Self-care routine. We will learn about Journey into Joy, a unique group for parents who have a child with a disability and conclude with a mindfulness experience.

Learning Objectives:

- Build a strategy for rest as it applies to Self-care
- Choose to “do nothing”; evaluating how this impacts the body’s systems and cumulative stress
- Identify and commit to various methods to break away from caregiving (daily or a couple times a week) for self-reflection, Self-care, rest, etc.
- Explore and share the protocols of Journey into Joy for a mindfulness experience

**4:55 p.m. – 5:00 p.m.**

**Survey Collection / Conference Closing**



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